



Ice Skating Lessons

**Call 253-850-2400 ext 19
and REGISTER today!**



Program #1 (8 Week Series) Only \$99.25

- Includes a \$10.00 discount when you purchase 3 days in advance of classes starting (\$109.25 Full price when not purchased 3 days in advance)
- Includes 1/2 hour group lesson with a "Professional Skating Instructor"
- Includes "FREE" admission to the public skate session after each lesson (A \$102.00 Value)
- Skate Rental Extra (advance purchase discount available)

Program #2

2010 OLYMPIC SPECIAL

Purchase 2 consecutive learn-to-skate programs at full price with skate rental and receive a

"FREE Pair Of Custom Fit FIGURE SKATES"

Plus 4 free passes to our public skating session.

A \$150.00 Value

Classes Start: _____ REGISTRATION

Skater's Last Name:
Skater's First Name:

Phone:
Birthdate:

Street Address:
City:

State:
Zip:
Email:

I, _____, guardian of the applicant, individually as father, mother, or guardian of applicant, do hereby acknowledge that skating is inherently a dangerous sport, physically and highly competitive, I hereby agree that KVIC, its officers, servants, agents, and employees shall not be held liable for any and all injuries resulting directly or indirectly from his/her participation in figure skating, playing hockey, and/or receiving instruction on the ice or otherwise in and about the premises. I further agree to indemnify and save KVIC, its officers, servants, agents, and employees, harmless from all costs and expenses that may result from any breach of this agreement.

-----For Office Use Only-----		
Employee Initials _____	Class Level _____	Series: # _____
Class Day/Date: _____	Class Time: _____	Pre-paid Skate Rental
Please place in same class w/ _____		KVIC Skate Special

Learn to Ice Skate. FUN & FITNESS for the WHOLE FAMILY!
A clean, indoor sport that teaches balance, coordination and endurance.

SCHEDULE: Our next series of classes are available on the following days/evenings and Pro-Rating for missed series starting is available;

PLEASE SEE THE FRONT OFFICE STAFF FOR DATES AND INFO ON GROUP OR PRIVATE LESSONS

Tuesday classes 6:00pm or 6:30pm (depending on class level)

Saturday classes 11:45pm or 12:15pm (depending on class level)

On the other side of this brochure you will find your registration form. **To register, call the office at (253) 850-2400 x19** with registration information and Visa/MC payment or return it with payment (Visa/MC, cash or local checks) to our front office and you will be ready to start. **When you enroll at least 3 days prior to the start date, you will receive a \$10.00 discount.** The maximum number of people we will put in a class is approximately 15, a number determined by our Skating Director. **Some class levels re combined.** It is recommended that students wear loose fitting, warm clothes. Helmets are optional, recommended but not mandatory. Helmets are available at the Skate Rental counter, free of charge.

INTRODUCTION: Kent Valley Ice Centre's Skating School offers group and private lessons based on the criteria set forth by the Ice Skating Institute (ISI), a world organization with recognized skating standards. ISI's primary goal is to promote recreational ice-skating to help more people enjoy all kinds of recreational skating. Skating classes are an excellent starting point for those interested in hockey or figure skating. To be able to enter into ISI Competitions each skater is required to become a member of ISI, the forms are on line or you can find them in our Pro-Shop. We hold an annual ISI Open Competition in the summer and an ISI Local in-house Competition in the winter. Schedules TBA.

ATTENDANCE/CHECKING IN: Classes are once a week for 8 weeks. **There are no refunds or make up classes.** When you register for a class and payment is received, you will be recorded on a class roster. When you arrive at the arena each week, come to the entrance and tell us your name. **Skate rental is \$3.22 + tax at the door or you may purchase your skate rental in advance for \$22.02 + tax for the series.** Each week the skater will meet the instructor on the ice. The class is half an hour in duration and is usually followed by a public session. All class participants may skate this public session for free and practice what they have learned in class. All other family members and friends are welcome to skate, but must pay regular admission and skate rental (and get there hand stamped at the ticket window).

LAST CLASS/TESTING: During the 8th class of a series, instructors will hand out evaluations. This will inform the student if they should test to move up to next level or re-enroll in the same class. If you choose to, testing can be done after the last class (8th week). The testing fee of \$8.00 + tax, includes a fabric patch and a class certificate, but is not included with your lesson fees. Once tested, you will then be ready to enroll in the next level of classes that will start the following week. On the last class, you will receive your completed course certificate at the ticket window you can sign up for the next series of classes that will start the following week (it is not unusual for students to stay at the same level for more than 1 class series). In order to improve your level of skating more quickly, it is recommended that you skate 2 or 3 public sessions each week.

PRIVATE LESSONS: Private lessons can be given during our public sessions as well as our competitive freestyle sessions. The cost of private lessons is paid directly to the instructor and does not include admission to the rink (skate rental not available). Our instructors are independent contractors and operate as a separate business within the facility. They are members of ISI and our USFS Club, the Kent valley Figure Skating Club. Each instructor has their own teaching qualifications as well as their own set of policies and procedures including cancellation policy, amount they charge and their availability. We suggest you schedule interviews and lessons with at least 2-3 instructors to determine what will best fit your needs and requirements. Our Skating Director will be happy to help you arrange times to select an instructor.

BEGINNERS -----

Tots (ages 3-5)

- standing, proper way to fall & get up
- marching
- 2 foot jump
- swizzles

Pre-Alpha (ages 6-8, 9-14 and adult)

- 1 foot glide
- 2 foot glide
- forward and backward swizzle
- backward wiggle

Alpha (ages 6-8, 9-14 and adult)

- forward stroking
- Forward crossovers

INTERMEDIATE -----

Beta

- backward stroking
- backward crossovers
- T-stop

Gamma

- forward outside 3-turn
- forward inside mohawk combination
- hockey stop

Delta

- forward inside 3-turn
- forward outside & inside edges
- bunny hop
- lunge or shoot the duck

ADVANCED -----

Freestyle 1

- forward inside pivot
- 2 foot spin
- arabesque
- backward edges

1/2 flip

waltz jump

Freestyle 2

- ballet jump
- 1/2 toe walley
- 1/2 lutz
- bunny hop
- toe spin
- 2 arabesques

Freestyle 3 & 4

- salchow jump
- change foot spin
- back arabesque
- toe loop jump
- or toe walley
- D step sequence
- backward outside/inside pivot
- sit spin
- flip jump